



DEPARTMENT OF THE INTERIOR
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FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

TRY THIS POPULAR RECIPE FOR NATIONAL CANNED SALMON WEEK

The week of February 23 to March 1 has been designated as National Canned Salmon Week. The Fish and Wildlife Service suggests you get "into the swim" by trying a new canned salmon recipe.

For versatility, canned salmon wins the homemaker's vote, whether it's a full-fledged meal for the whole family or a quick snack for hungry youngsters. Protein-rich salmon is an excellent ingredient for many types of dishes. For convenience it can meet any homemaker's requirements as it is available in the quarter-pound, half-pound, or even in a four-pound can. First packed on the Pacific Coast in 1864, it has been a favorite fishery product since then. The wise homemaker will keep several cans of this popular fish on her kitchen shelf to use during the Lenten Season and throughout the year.

The home economists of the Service recommend Salmon-Casserole Surprise as a delectable but economical and easily prepared dish. You will like the idea of combining salmon, potatoes, and cheese--three good foods all in one delicious "Main Dish".

SALMON CASSEROLE SURPRISE

- 1 pound can salmon
- 3 tablespoons butter or other fat
- 3 tablespoons flour
- 2 cups liquid (liquid from canned salmon plus milk to make volume)
- 1 quart cooked potatoes, sliced
- $\frac{1}{2}$ cup mayonnaise or salad dressing
- $\frac{1}{2}$ cup cheddar cheese, grated
- 1 teaspoon prepared mustard
- 1 teaspoon Worcestershire sauce

Drain and flake salmon, saving liquid. Melt butter, and blend in flour. Add liquid gradually, and cook until thick and smooth, stirring constantly. Arrange potatoes, salmon, and sauce in alternate layers in a well-greased casserole. Combine remaining ingredients, and spread over the top of the fish mixture. Bake in a moderate oven, 375° F., for 30 minutes. Serves 6.

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